

Kit Carson County Department of Public Health and Environment 252 South 14<sup>th</sup> Street Burlington, CO 80807 719-346-7158, ext. 412

**MEDIA RELEASE** 

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From: Dawn James, Kit Carson County Department of Public Health and Environment Director, PIO

## **COVID Dial Position Remains Blue and Weekly Statistics**

Kit Carson County remains at "Blue" on the COVID Dial. Daily testing continues and is available at the Kit Carson County Health Department, Parke Health, Stratton Clinic and Flagler Clinic. COVID persists in the county continues to cause disruption in our daily lives. During the past week (February 14 - 20), 66 people were tested and 7 of those were positive for a positivity rate of 11%. For the three week period of February 1 - February  $23^{rd}$ , 244 people were tested and 28 were positive resulting in a positivity rate of 11.5%. This remains well above the target of less than 5%. COVID positivity persists in the County, so caution is still important including staying home from school or work when not feeling well (even minor "cold symptoms" should be suspect), frequent hand washing, covering your cough and sneeze with your sleeve, wearing a mask when in public places and getting the COVID vaccine when it is your turn.

### Vaccine distributed thus far:

The Health Department has distributed 1548 doses of COVID vaccine. In addition to this, the hospital, providers in Lincoln County and the Flagler clinic have also given COVID Vaccine to Kit Carson County residents. According to the CDPHE website, nearly 2000 Kit Carson County residents have been vaccinated with one or two doses thus far.

### **COVID-19 Vaccine FAQs**

#### Can an mRNA vaccine cause COVID-19?

No. An mRNA vaccine is not a virus and can't cause disease. Because it activates the immune system, it can cause mild symptoms in some people (e.g., fatigue, achiness, fever). Based on data from the clinical trials and local subjective reports, the most common reactions to the vaccine are pain at the injection site, fatigue, headache, and muscle aches that last between 12 and 24 hours on average. These symptoms are very common with other vaccines, including the flu shot, and are a sign that the body is responding to the vaccine.

## If I get exposed to COVID-19 after receiving two doses, do I need to quarantine?

No. If you receive both doses of the COVID-19 vaccine, you are considered fully immunized and you do not need to be in quarantine after an exposure to a positive person.

# Why should I get a vaccine?

The clinical trials for both Moderna and Pfizer showed a >94% efficacy at preventing COVID-19. By getting vaccinated, you are reducing your risk of disease, hospitalization, severe complications, and even death. Getting vaccinated and reducing the risk of disease also helps increase community "herd immunity", much as other vaccines have done over the past century. Measles, smallpox, polio, mumps, rubella are examples of viral infections that are rare or virtually non-existent in developed countries due to the availability and routine provision of effective vaccines and the improvement in herd immunity.

## How long does immunity last?

It is not known how long immunity will last from the vaccine. It is also not known how long immunity from natural infection lasts. We do know that seasonal coronaviruses (a source for the common cold) do not induce a robust immune response, which leads to limited immunity to these viruses. It is likely that a vaccine will have a stronger and more lasting immune response, but research is ongoing. It is thought that a "booster" may be needed, but more information will be forthcoming as this new virus and the vaccine response become more understood.

# Do I still need to wear a mask and physically distance if I receive the vaccine?

Yes. Until enough of the population receives the vaccine and adequate herd immunity exists, it is advised to continue to use precautions when in crowded indoor areas where social distancing cannot be attained.

# Can I get the vaccine if I've already had COVID-19?

Yes. It is known that natural immunity to the virus wanes over time. Individuals who have previously been infected are eligible for receiving the vaccine.

### **Vaccine Clinic Schedule**

COVID Vaccine is currently available for all school-related workers, healthcare workers, people born in and prior to 1956. Beginning March 5<sup>th</sup>, additional people are eligible to be vaccinated including agricultural workers, manufacturing, grocers, and people with two chronic conditions. People with chronic conditions can be any age from 18 years old and up.

Vaccine clinics are being provided weekly at the health department on Wednesdays and Fridays. Vaccine clinics are also available at the Kit Carson County Memorial Hospital on Thursdays.

Appointments are required for all vaccine sites.

Please sign up for your shot on line at <a href="https://novelhealth.ai/practice/kit-carson-county-dept.-of-public-health-and-environment-301981">https://novelhealth.ai/practice/kit-carson-county-dept.-of-public-health-and-environment-301981</a> or call 719 346-7158, ext. 342.